

RECIPE



RECIPE TITLE

Brown bread at its best – Three recipes

[Der Klassiker, Schwarzes Sesambrot, Ingwer-Curry-Brot]

FROM THE FEATURE

SISTERMAG

Elefantengrau & Kanariengelb

N°28

INGREDIENTS

THE CLASSIC

350g wheat flour

100g rye flour

350ml lukewarm water (38°C/100°F)

2 tsp salt

2 tsp sugar

2 tsp (7g) dry yeast

60ml light olive oil

SCHWARZES SESAMBROT

300g wheat flour

120g rye flour

30g black sesame seeds - ground

15g black sesame seeds - whole

1 tbsp activated carbon

320ml lukewarm water (38°C/100°F)

STEPS

GENERAL INFORMATION

Prep and cook time: about 1:45 h

Oven temperature: 225°C/437°F

Baking time per loaf: 35min

**The method and baking time
is the same for all three variations**

1. Stir the sugar into the lukewarm water then sprinkle on the dry yeast.
2. Set aside for 10 minutes until a bubbly sponge develops.
3. Lightly oil a large bowl.
4. Add flour and salt to the mixing bowl. Add the ground seeds for the sesame bread and the spices for the ginger curry bread, respectively.
5. Once the yeast has bloomed set the blender to medium, slowly add the yeast-water-mixture to



FORTSETZUNG

10g dry yeast

2 tsp salt

2 tsp sugar

60ml sesame oil

INGWER-CURRY-BROT

320g wheat flour

100g rye flour

2 tsp salt

2 tsp sugar

2 tsp (7g) dry yeast

60ml light olive oil

1 tsp curry seasoning

½ tsp ground ginger

320ml lukewarm water (38°C/100°F)

the flour then knead for one minute.

6. Now add the oil bit by bit and continue kneading for another three minutes. The dough will be quite wet and sticky at this point - don't worry, it's supposed to be!
7. Transfer the dough to the pre-oiled bowl, cover it with a cloth and let it rise in a warm place for half an hour until it has doubled in size.
8. Pre-heat the oven to 225°C/437°F and place a deep baking tray filled with water at the bottom. This will give your bread a crispier crust.
9. Cover your working surface with liberal amounts of flour before placing the dough onto it.
10. Lightly knead the dough by hand for 3 minutes. If it is too sticky, feel free to add more flour. Fold in the seeds for the sesame bread at this stage.
11. Transfer the dough into the baking mould, cover and let it rise for another 10 minutes.



FORTSETZUNG

12. Brush the loaf with a light layer of water and sprinkle some flour on top. If desired score the bread to create a pattern of your choice.
13. Place the mould on a cast-iron pizza tray (an ordinary baking tray will also do) and bake for 35 minutes.
14. Remove the bread from the mould and let it cool thoroughly before cutting. Bon appétit!

USEFUL TIPS

- Pre-heat a cast-iron pizza or baking tray in the oven
- Place a deep baking tray filled with water at the bottom of the oven; this will give your bread a great crust
- Use a stand mixer and dough hook
- Use some additional wheat flour for your work surface and some olive oil for the tray and mould to prevent the dough from sticking